

# ECHINACEA

## What is ECHINACEA?

Echinacea has single flowers with a center cone that is the seed head. Of nine species, three are used medicinally, *purpurea*, *angustifolia* and *pallida*. In various pharmacological tests measuring the effects of Echinacea, *purpurea* and *angustifolia* come out slightly ahead of other species and are the most scientifically proven. Many plant chemicals are involved in its effects: polysaccharides, caffeic acid derivatives, flavonoids, essential oils, polyacetylenes, alkylamides and alkaloids. Polysaccharides are known to trigger the body's cells to fight infection. Echinacea stimulates the body's natural resistance to foreign bacteria by enhancing immune system cells called phagocytes and leucocytes (white blood cells) as well as stimulating cytokine production (immuno transmitters). \*

## What are the benefits?

Americans have used Echinacea since the 1600's. It helps, especially in the early stages of colds and flu, and has been known to reduce the time for a cold or flu to run its course. It is useful in candida, strep throat, urinary tract infections and toothaches. It is used for nasal, sinus, allergies and bronchial conditions. Its immune-stimulant actions reduce inflammation and help the body fight bacteria and viruses. Tests show it stimulates immune system cells into action to move bacteria out of the system. Many individuals choose to take Echinacea on a daily basis during seasonal change to support the body's ability to maintain optimum well-being. It is not a tonic herb and should not be taken long term and for no more than four weeks at a time. Discuss long-term use with your healthcare provider. \*

## Supplement recommendation:

For the most effective benefits use a product that has been naturally extracted and grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Reduces the duration of colds and flus\***
- **Clears heat, cleans toxins and helps purify the blood\***
- **Natural antibiotic and detoxifying agent\***
- **Helps the body fight bacteria, viruses and candida\***
- **Stimulates immune system cells\***
- **Supports optimum well-being, especially during seasonal change\***
- **Helps inhibit acne associated with heat, toxins and inflammation\***

## Supporting Research:

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\* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.